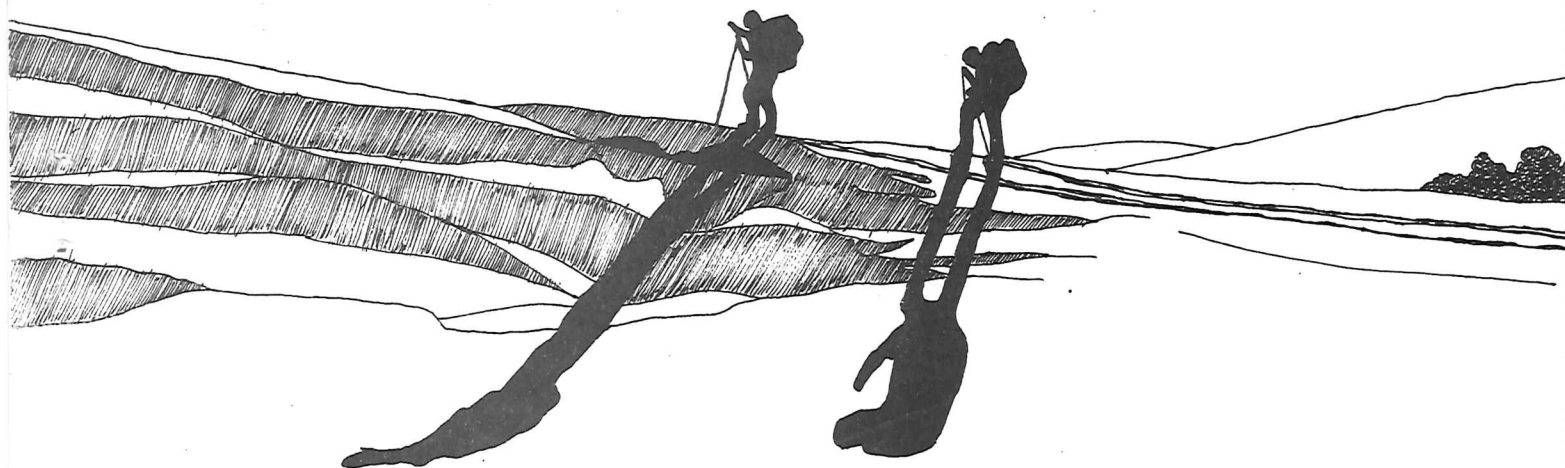


MACQUARIE MOUNTAINEERING SOCIETY YEARBOOK



IAN CRANWELL

1975-EXECUTIVE

PRESIDENT IAN BROWN

SECRETARY IAN CRANWELL

TREASURER MURRAY HUTTON

TRIPS DIRECTOR JOHN BENSON

EQUIPMENT OFFICERS DAVE ROTHERY

PETER SNEPP

PUBLICITY OFFICER PAT TWYFORD

PUBLICATIONS SUE COOK

PENNY GAILEY

1975-YEAR BOOK

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CAR MAINTIANANCE- PETER SUMP

MULLAMULLANG CAVE- MICHAEL MARX

HEY BWANA-YARRUM

PRESIDENT'S REPORT

One way of gauging the success of the year is by the number of trips which have gone. We managed to produce about 50 trips covering the many activities undertaken by the club. This figure is slightly surprising, because the year seemed to be characterised by a marked lack of activity. Such an impression is due to the fact that much of the activity was concentrated into defined periods, notably the holidays, but also several inexplicable times during term. Overall, few trips went in term-time, a reflection of the increasing demands of study (I'm convinced it gets worse every year).

What we really need is more people who are prepared to run trips. The importance of this is indicated by the caving situation, where a small keen group were constantly organising trips, and consequently, caving was a major contributor to the total number of club excursions.

Only on rare occasions did an intended trip fail to go due to a lack of support. I would like here and now to thank all the people who led trips in the past year, for it is they that make the club, who are its heart and soul. The executive is merely a body to attend to all the mundane tasks which arise from the club's existence, while it is the trip organisers who get on with the real business of the club - getting out there and relishing the Earth while it's still there.

The basic purpose of our club is to provide a vehicle whereby people can get together and mutually enjoy their activities, and in this, the year was a great success. All clubs of our type seem to be suffering a recession lately, and we were certainly no exception. From a total full membership of about 80, there were probably only about 30 who were reasonably active, but for them the club worked because they made it work. There was the usual large influx of prospective members at the beginning of the year, but even fewer carried on than in previous years. For reasons difficult for the guilty to judge, we seem to be frightening away many people who could get a lot out of and contribute considerably to the club. We should all make a conscious effort in the new year to encourage interested people.

SLOTH has virtually died this year, with only one issue, due to a lack of support in the form of articles, despite the commendable efforts of the editors. Likewise, this yearbook has only succeeded by the efforts of a few.

In the conservation field, the club became a corporate member of the Australian Conservation Foundation and the South-West Tasmania Committee (N.S.W.), as well as sending a number of letters and telegrams in support of various issues, and assisting several petitions. I feel it is very important, and in our own best interests, to continue to lend our weight in this manner, and even more extensively. Activities such as ours often give a deeper insight into the value of conservation than most people possess.

The Huts Committee has continued to ably organise the work on Cesjack's Hut in the Snowy Mountains, with the aim of making it livable rather than luxurious and artificial, as is apparently the aim of some other groups.

The club answered the distress call of the Federation of N.S.W. Bushwalking Clubs by trying to raise interest within the club, and our first representatives for some years were elected. I hope we will continue to become more involved with this valuable body.

Towards the end of the year, it seems activity and enthusiasm are on the rise, and it is hoped this will continue into the new year. Nevertheless, it should always be remembered that size is by no means the most important criterion of success in our club.

What we can get out of the bush and the hills is limited only by our own imaginations, so keep going and keep your wondering alive.

IAN BROWN

SKIING REPORT

The beauty of the mountains covered in snow, the thrill of a downhill run, the mystery of mist-clad peaks, relaxing nights in warm rustic huts. Ski-touring is an enriching experience. It leaves you time to think in beautiful surroundings -- a strenuous, relaxing break from life.

Skiing is quickly becoming the most popular activity in the club. During the year there were lots of trips, ranging from beginners' instruction to long (often storm-bound) trips.

Skiing gives you chances to do things most people don't even get to think about, like building and sleeping in an igloo, seeing Gang-Gangs flying over fresh snow at dawn, navigating in blizzards or enjoying clear-skied, white tracked euphoria.

Many club skiers are becoming skilled enough to challenge the sometimes hostile mountain weather, and last year saw many extended trips, mostly in the White's and Jagungal area, including an abortive Kiandra to Kosciuszko. Beginners also had ample opportunity to develop their skiing skill.

With the huts becoming more and more over-crowded, the club's skiers are becoming more self-reliant with snow tents, stoves, etc. Overcrowding on the mountains will become a more acute problem in the future. And this deserves the consideration of all skiers and needs active planning of trips to minimise our effects on crowding and its effects on us. Only in this way will skiing remain the relaxing activity that it is.

The standard of gear used by club skiers last year was high and this standard of gear (along with other standards of skiing) must be maintained if cross-country skiing is to remain as safe as it recently has been.

IAN CRANNERS ET AL.

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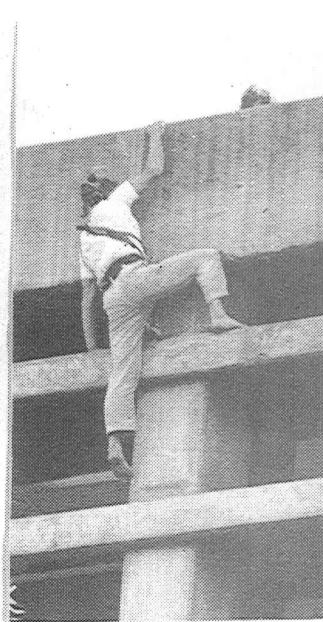
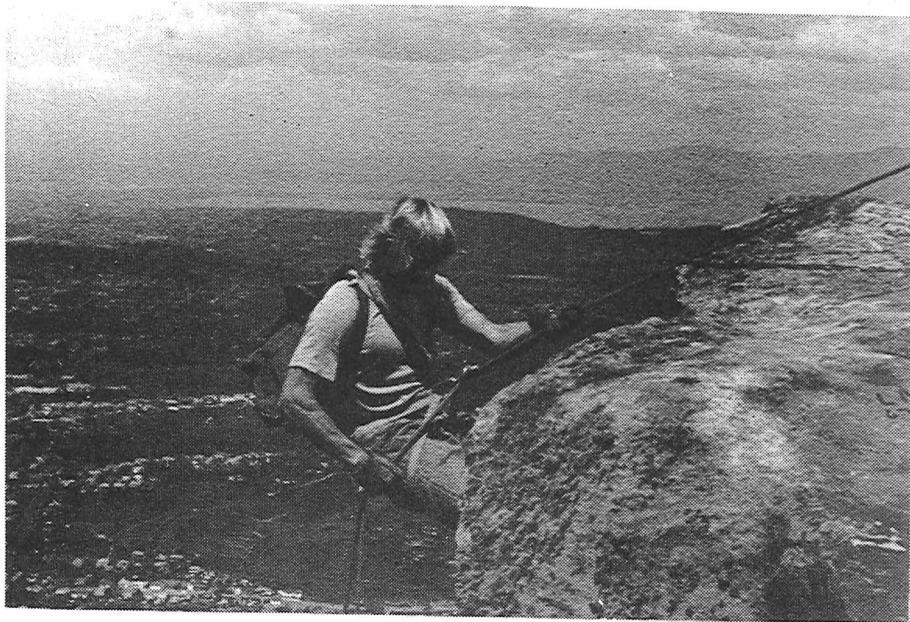
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IAN CRANNERS ET AL.



WOLLONGONG THE BRAVE • GREY-MAN'S DILEMMA • IGLOO? • SPRING CREEK
 CANYON • CAMP AT LAKE COOTAPATAMBA
 PHOTOGRAPHERS • IAN BROWN , IAN CRANWELL , JOHN BENSON, DAVE DARLINGTON,
 PENNY GAILEY , ALLISON RAMSAY , DON RAMSAY , CHRIS FERGESON., BOB
 McMILLAN



SOUTH COAST (TASSIE) • SKIING ? •

GLISSADING • FRENCHMANS CAP (TASSIE) • CLIMBING AT MOUNT. BOYCE

TREASURER'S REPORT

M.M.S. GENERAL A/C

<u>DEBIT</u>			<u>CREDIT</u>
Yearbook	\$ 58.50	Balance as at 1/1/75	\$106.42
Hut Maintenance	41.04	Membership	125.50
Equipment	127.84	Yearbook Advertising	60.00
Affiliation Fees	31.00	Hut Maintenance & Tools	80.00
I.V. Canoeing	30.00	Budget Equipment	221.80
Miscellaneous	60.89	Gear Auction	74.40
		Miscellaneous	54.43
		Bank Interest	4.83
Total Expenditure	349.27		
Balance as at 31/12/75	378.11		
	<u>\$727.38</u>		<u>\$727.38</u>

M.M.S. CANOE A/C

<u>DEBIT</u>			<u>CREDIT</u>
Materials	\$270.78	Balance as at 1/1/75	\$110.10
Mould Hire	9.00	Materials	236.00
Deposit on Mould	50.00	Mould Hire	59.00
		Interest	5.01
		Miscellaneous	99.00
Total Expenditure	329.78		
Balance as at 31/12/75	229.33		
	<u>\$559.11</u>		<u>\$559.11</u>

MURRAY HUTTON
Treasurer

CAVING REPORT 1975

This last year has failed to change dramatically, the consistency with which caving trips have been run by this club in the past. This has been due to the steady backing of a core of very experienced leaders, none of whom were committed to full time university studies any longer.

Information was recorded on 23 trips having gone to a total of 8 different areas. These areas were WYANBENE, JENOLAN, MT. FAIRY, CLIEFDEN, BUNGONIA, WEE JASPER, WELLINGTON and LITTLE WOMBREYAN.

Of these areas BUNGONIA, as is usual, was by far the most often visited. This is due to its relatively close proximity and its lack of area entry requirements.

Our specialised caving club called M.U.S.I.G. (Macquarie University Speleological Investigation Group) has been established by some members of this Mountaineering Society. M.U.S.I.G. pursued its scientifically based tasks throughout the year and has now completed most of its known surveying requirements in Mammoth Cave at JENOLAN. Photographic work has also been undertaken in other areas.

M.U.S.I.G. members, however, found the club stagnating during the year, consequently a change of presidency was initiated, opening up many new ideas. A number of new plans were drawn up on how to attract new people into taking an active part in caving. Attempts have also been made to overcome the communication problem, once people come to the club. The results have been relatively successful to date, and it is hoped to keep them up in future.

Members of M.U.S.I.G. also took increased interest in other caving clubs. Meetings of other clubs were attended, to find out how they operate. Our members were also present on two large trips composed from many caving clubs throughout New South Wales.

There is an Australian wide body formed by all caving clubs, and this is the Australian Speleological Federation (A.S.F.). During the Christmas holidays, delegates from M.U.S.I.G. attended an A.S.F. conference at MT. KIFRA for 2 days. Discussed were such topics as caving safety; cave conservation; cave documentation and publication. On the state level, several meetings of the A.S.F. were also attended.

Prospects for 1976 look very promising. Members from our club are planning to go on trips to both Tasmania and New Guinea. This should provide others with much inspiration.

Dave Rothery,
President,
M.U.S.I.G.

YOUR FEDERATION- THE BUSHWALKERS FEDERATION OF N.S.W.

I feel that a fair proportion of M.M.S. members do not know of the existence of Bushwalkers of N.S.W. let alone know that the Sports Association pays our affiliation fees so that every M.M.S. member belongs to the Federation.

The Federation which has been active for over 40 years, and now consists of approximately 30 clubs attempts to co-ordinate activities and enable easy communication between affiliated clubs. Each month club delegates meet for exchange of ideas on Federation policies, exchange of information regarding tracks and access to bushwalking areas and to discuss the impact of proposals directly related to bushwalking e.g. the rebuilding of huts, camping restrictions etc.

The Conservation Sub-Committee is actively involved with preparing submissions on conservation issues and giving appropriate assistance to conservation campaigns. It is also responsible for recording and co-ordinating any information on new roads, power lines, buildings or other such developments in wilderness areas. Therefore any person who notices any new developments while walking is requested to report it. Federation enables bushwalkers to face governments or private companies as a united body in conservation issues.

The Search and Rescue section is a highly organised and skilled body who are called out not only to assist overdue, lost or injured persons but also occasionally to assist the Police Department in searching for missing persons in bushland.

Regular Federation activities consist of an annual ball and an annual re-union camp as well as Search and Rescue practices. Details on these activities are printed in the Monthly Federation Newsletter which is designed for exchange of ideas between individuals as well as communication with outlying clubs.

I hope that with the better understanding of Federation, M.M.S. members will become increasingly interested in Federation activities, meetings and newsletters.

BUSHWALKING REPORT 1975

I write this report to you from the bank of an unnamed creek north of Mt. Victoria. At present I am being inundated by little bush flies. Ahead of me lies a low scrubby ridge over which I must pass in the stinking midday heat. But this is what bushwalking is all about.

In the last couple of weeks (December) several bushwalks have been led under these conditions to areas such as the Broken Rock Range, Clatterbox, Wollarncombe, Splendor Rock, Snowy. At the beginning of the year several bushwalks were lead in the Kawmung River area as well as the Cox's area.

Bushwalking in this club is characterised by a general lack of activity - except by a few. They subject themselves to conditions such as above let alone similar conditions plus waterlogging in Tasmania and New Zealand with pleasure. The reasons for this can only be found by playing the part.

The Club Bushwalker.

WELL, I LIKED IT! OR THE CLIMBING REPORT

Climbing in our club has been only a fringe activity for many years now, and this year has lived up to the tradition. Nevertheless, climbing continues to exert an inscrutable presence within the club, possibly because it is an activity which so captures the imagination, or because it lies so close to our name.

This year we were blessed at last with the appearance of several new enthusiasts, some of whom are now leading. Some even are fired with that intense enthusiasm which so often goes with the first years of climbing. Despite this, we were beset by an indiscriminate plague of claimed "loss of nerve", most frequently striking those who have been climbing for a while. (It seems its potency is proportional to the length of the tooth). Fortunately, the disease proved curable in most cases.

The year began auspiciously enough, with several weeks in that Climber's Paradise, Tasmania. The sea and sun-baked slabs of The Hazards were savoured for a while, and let me now put in a plea for this area to remain a climbing wilderness, that is, guideless, and for climbers to keep their new routes to themselves. The area has a magnificent mystery and beauty of the unknown which warrant preservation as much as the physical forms (which are also in danger, from quarrying). It deserves more than to be sacrificed to the false god of ego. Then there was Frenchman's Cap, where the rain only stopped long enough for a tantalising taste of the delectable quartzite, and brief glimpses of the immense and awesome walls.

The end of the year was marked by granite - a large trip to Blue Lake (where the schrund necessitated abseiling to the climbs), and a smaller one to Booroomba.

Between the beginning and the end, there were a number of trips to various parts of the Blue Mountains, and Bob held up his end down at the Gong, on those smog-eaten nearby crags. Of course, he makes them sound like Australia's answer to Yosemite and Cerro Torre rolled into one.

Frequent mid-week visits to Lindfield at the beginning of the year gave way to the climbing wall, as the turmoil at uni became more oppressive. The wall was haunted every week, often several times. At some stages, one was forced to wonder what we were practicing for, as the gaps between actual trips assumed lengths of up to 2 or 3 months!

Still, I think it can be said, truthfully for a change, that next year will see more activity. And remember, ascent is one of the noblest human enterprises.

Ian Brown.

HUT MAINTENANCE REPORT

I am still of the opinion that most club members either don't care about this particular aspect of club involvement, or don't really understand what it involves. I hope the latter is the case, and not the former. So read on.

Cesjack's is not our hut, we merely maintain it for the National Parks and Wildlife Service, through the Kosciuszko Huts Association. The club has corporate membership with K.F.A.,

but this does not eliminate the need for individuals to become members of K.F.A.

After the exams in 1974, we made a preliminary investigation of Cesiack's. Basically the hut was no more than a tin shed and completely lacked any interior, except for a well worn, sagging wire bunk. We decided the hut needed the following improvements, (in order of priority).

1. A sleeping platform 12' x 7'6"
2. A floor
3. External painting.

Over Easter we managed to build the sleeping platform, and stock the hut with tools, a water bucket, spade and bushman's saw. We were greatly indebted to John Paynter, the Huts Maintenance Officer of K.F.A. who took the equipment in by Landrover, and to Ian Cranwell who towed the trailer-load of timber down from Sydney.

During the summer and autumn of 1976 we hope to lay the floor and possibly do some painting. We aim to provide no major "improvements" other than the three items above. After this it's a matter of maintaining what exists. I feel that too often people try to make a hut too complex, with the result that it is difficult to maintain. Huts should be regarded as a piece of survival equipment, i.e. simple, but effective, and should be treated as such with the utmost of care.

Dave Darlington
Ian Cranwell

for the HUTS COMMITTEE.

EQUIPMENT REPORT

Despite a few unfortunate instances, as usual, 1975 proved to be a fairly good year with respect to equipment.

After an initial teething period at the start, the year ended with a high degree of co-operation coming from members. The practices required for a smooth functioning of the borrowing system were being followed by most equipment users.

Hopeful this trend will continue into 1976 thus making the equipment officers job far simpler and more enjoyable.

Most of the purchases this year were of a replacement nature with one item, a pair of snow shoes, proving extremely popular and useful to the landlaufers.

Storage has changed little in the past 12 months with the exception of entry to the restricted gear cage now requires prior arrangements to be made with an equipment officer or president.

TRIP DIRECTORS REPORT APRIL '75-DEC '75

1975 was a reasonably successful year activity wise compared to 1974, having at least 50 club trips and other private

trips taken place. Certain facets of the club activities were more pronounced than others as shown by the table below, this primarily being due to trip leaders interests.

TABLE OF ACTIVITY, AREAS AND TIME SPENT

	Areas	No. Trips	Days Spent
1. Caving	Bungonia	7	16
	Wee Jasper	1	4
	Jenolan	5	11
	Wyanbere	1	3
	Wellington	1	2
	TOTAL:	15	36
2. Bushwalking (not including holiday trips to Tasmania)	Wildlog Region	4	13
	Kanangra	2	7
	Blue Gum	1	3
	Blue Peaks	1	5
	Colo Wilderness	1	2
	Wollangambe	1	3
	Snowy Mountains	1	7
	Bouddi	1	2
TOTAL:		12	42
3. Ski Touring	Snowy Mountains:		
	Albina Region	2	12
	Northern Wilderness	6	34
TOTAL:		8	46
4. Climbing	Blue Mountains including		
	Wolgam Valley etc.	7	11
	Snowy Mountains	1	7
TOTAL:		8	18
5. Canoeing	Macquarie River	2	5
	Murrumbidgee	2	5
TOTAL:		4	10
6. Others including Canoeing		4	8

The above table illustrates high activity levels of the club in caving, ski touring and bushwalking, with poor activity levels in canoeing and mediocre in climbing.

Due to revitalization of old members and growing enthusiasm of some new members in M.U.S.I.G., caving flourished; it's good to see some abyssal filth coming back to the club. In fact valuable work was carried out in Mammoth Cave Jenolan, mapping and exploration.

1976 should prove to be a very active year for caving with interesting trips taking place during holiday periods e.g. Nullabor Plain and Tasmania.

Bushwalking was highlighted this year by visits to a diverse range of areas in N.S.W. (not including Tasmania or New Zealand), e.g. the Wollangambe and Blue Peak regions. However the main centre of walking again this year during the holiday period will be Tasmania with extensive trips to the Arthurs, South Coast, Prince of Wales Range, Walls of Jerusalem, Frenchman's Cap, etc.

Ski Touring as in 1974 was the most popular facet of mountaineering being a virtual "mecca" to the snow for most active members during the holidays (sometimes not during the holidays). Unfortunately some of our tours were thwarted by miserable weather and poor snow conditions, and let's hope that 1976 will yield a good season.

Due to the retirement or leaving of the clubs top climbers last year, climbing in 1975 tended to be on a lower tempo with a fair number of trips going, but climbing being at lower grades. Some new leaders have arisen, but more will be needed by the close of 1976 to keep up an adequate standard for future members of the club.

Unfortunately again canoeing suffered this year with only a handful of people being active. This is hard to comprehend for such an invigorating activity and certainly new interest will have to be rekindled in 1976 if canoeing is to rise to its heights of the past.

John Benson.

CANOEING

The canoe I'm sure
came long before
the leg or arm or foot.
It floats on water
and so it oughter
though paddling is a treat.

T'is a noble figure
the patient canoeer
when success is staying
upside up.

Be it river, or surf canoeing,
canoeing is worth pursuing.

Helen Ruffles.

CAVING EQUIPMENT PLUS THE WHEN, WHERE, WHY, AND HOW MUCH OF IT

For those people who have been caving before and are thinking about getting some gear.

OVERALLS

These are probably the first thing the eager caver should invest in. Advantages of overalls are: you don't get

dirt down the back of your pants (well not as much anyway); your stomach doesn't get (as) scratched; and you get to use them for other things like repairing your car after that last caving trip and canoe building, and they last a long time.

Type: I'd recommend ex-army overalls, they're tough, it's hard to rip the pockets off, and they're cheap (that's the most important thing).

Supply: These are generally available from the larger disposal stores (like King's) approximately \$7.

Note: Other brands are satisfactory, however it's advisable to sew up the outside pockets as they're likely to get ripped off anyway.

Maintenance: Hose after each muddy trip (the washing machine won't stand them).

BOOTS

The second most important item on your caving budget. After slipping off all the muddy rocks, falling off the rungs on the caving ladder and stubbing your toes several times the amateur caver soon learns the advantages of boots over sandshoes (and bare feet).

Type: The best to get is a work boot or ex-army. The things to look for in a boot are: **STRENGTH**, buy ones with leather uppers: **SOLE**, choose one with a large tread as these don't clog up with mud as easily. Also make sure it has a proper heel so that you can hook the heel of your boot into the rungs of a caving ladder without any chance of slipping: **SIZE**, make sure your boots come up at least to the ankle (for protection). Approximately \$12.

Maintenance: Dubbening your boots regularly is a good idea to help keep the leather in good condition. Polishing is O.K. **DON'T** leave them wet otherwise the stitching may rot and you may find yourself in a cave with a four part boot.

SOCKS

One or two pairs of lengthy woollen socks helps keep your feet in good condition and gives you somewhere to tuck the end of our overalls while climbing ladders.

LIGHT (AND BELT)

Type: The best to get is a wet cell miner's lamp available from Gilbert Grays at around \$25. They are a good investment being nearly indestructable (as compared to other available light sources), are re-chargable, and are fairly waterproof. They will show a good light from 12 to 18 hours when new and the base should last 2-4 years still giving good light. You will also require a belt to go with it, also available from Gilbert Grays at \$3.50.

If you are not affluent enough to buy one immediately, the club has a number of lamps available for borrowing. The miner's lamp has a bracket for fitting onto your helmet thus freeing both hands for other things. A dolphin light (eveready) is satisfactory for the occasional caver. It is probably the best hand held light available. I do not recommend carbide lamps (except where electric can't be used e.g. three day caves). Apart from burning your overalls, fingers and the ropes they are also particularly smelly (fouling the air), they mark walls of caves and there's always the temptation to leave spent carbide in the cave.

Maintenance: (of a miner's lamp). Lights should be charged and discharged regularly and battery acid levels maintained. DON'T overfill your battery (a warning from all cavers with acid holes). DON'T!! store batteries with other equipment, acid corrosion can be FATAL.

Note: The club owns a battery charger on which private lights can be charged, to find out more details talk to the Equipment Officer.

HELMET

Essential where there are long pitches, they also come in handy for attaching your miners light to.

Type: Narrow safety helmet with bracket is the best, available from Gilbert Grays for around \$4-\$5. Don't get a broad brimmed safety helmet otherwise you might have difficulty getting it through some of the squeezes (don't laugh, it's happened).

Maintenance: Wash occasionally.

WAISTLENGTH, BID D AND SLING

These are your basic safety equipment used in belaying and in abseiling. Although these are not enough for a mechanical abseil these are the most essential items. Much time can be saved in a cave with a ladder pitch if each caver has these items. Even though the rest of the abseiling or prussiking gear is being passed. They are available from Paddy Pallin's - Mountain Equipment and Southern Cross Equipment.

Waistlength: Approximately 5 metres of two inch seat belt webbing - \$4 approximately.

Sling: Approximately 3½ metres of one inch tiger tape.
- Approximate cost \$2.

Pig D Karabiner: Ask specifically for this. I personally use a Stubal 4500Kg - Approximate cost \$4.

Note: Con someone into showing you how to tie and use these things properly (remember your life's at stake).

Maintenance: This is very important on safety equipment.

Ropes and Slings: Should be washed by hand using luke warm water and a pure mild soap (if any) (I use Sunlight soap). DO NOT USE DETERGENTS, avoid any abrasive action and rinse thoroughly. DO NOT DRY IN SUNLIGHT as it destroys the fibres, but dry it by hanging in a breezy shady spot. Store in a cupboard (away from sunlight), do not store wet or dirty. These things cannot be stressed too much.

Karabiners: Should be cleaned and dried but never oiled. Keep free from rust.

Safety equipment should be examined regularly for wear. It should be thrown out if it takes a severe fall. Do not use safety equipment for other purposes. DO learn how to use it properly.

RETAIL OUTLETS MENTIONED IN THIS ARTICLE

Gilbert Gray & Co. Pty. Ltd. - Miners lamps, helmets, belts, chargers.

23 Clyde Street, Rydalmere. 638-1077 or 638-1081

Paddy Pallin Pty. Ltd. - Ropes, slings, karabiners and all camping equipment.

69 Liverpool Street, Sydney. 26-2685

Mountain Equipment - Ropes, slings, etc.
17a Falcon Street, Crows Nest.

Southern Cross Equipment - Ropes, slings, etc.
33a King Street, Sydney.
222 Pacific Highway, Hornsby.
399 Victoria Avenue, Chatswood.
3 Bridge Street, Penshurst.

D. King, Disposals - All ex-army equipment.
793 George Street, Sydney.
189 Botany Road, Waterloo. (main Warehouse)

Richard Willson.

ON KEEPING WARM

With the snow season approaching the subject of keeping warm is assuming importance. Also, it is a change from the usual tales of hypothermia which descend on us about this time of year like falling leaves. This article will refer mainly to skiing (of the only true kind) but the principles apply in most cold environments. Apologies to those who already know it all.

The state of being warm is a delightful one, and thus is the object of all ski-tourers, who are a peculiarly pleasure-seeking race. They travel from hut to hut in an endless search for a place to be warm, year after year.

Being warm is a balance between the heat produced by the body and that lost to the surrounding medium, usually air. Thus the methods of keeping warm involve the production of more heat, or stopping it from getting away. In fact, staying warm is not an obvious process, and there are a number of subtle effects which to be taken care of require some degree of cerebral activity.

MAINTAINING HEAT PRODUCTION

The production of heat by the body depends on energy, and this is provided by food. It can be likened to a furnace, with food as the fuel. You will get cold a lot easier if it is quite a while since you last ate. In such a situation it is necessary to keep a supply of easily-digested, high-calorie food, such as biscuits or sweets (glucose is particularly quick to be used by the body). You should always keep some food handy in the snow (it keeps longer that way too).

Exercise will cause your body to raise heat production (as long as it has lots of food). It is a lot easier to keep warm when on the move, but when you stop, watch out! - you can become very cold almost immediately. A warning, however, never keep moving at the expense of vital navigation, etc. Unfortunately exercise also causes sweating. All the good books say to avoid sweating at all costs, and this is an admirable aim, but any skier who has climbed a hill in an oilskin will know that this is virtually impossible. The next best thing is to wear wool next to the skin. Wool maintains its insulating properties better than any other material when wet.

REDUCING HEAT LOSS

Heat produced by the body is lost mainly by conduction and radiation to the surrounding air, and evaporation of moisture.

from its surface. The principle of reducing direct heat loss to the air is to maintain an insulating barrier between the body and the air. The best insulation is air itself, so your clothes should be directed towards maintaining an envelope of air around the body. The materials themselves do not actually insulate, they are merely the medium by which the air is enclosed. For this purpose, light, fluffy materials are best, and probably wool is superior (except to down and some special synthetics - but these have other drawbacks). The many-layer method is a big advantage, as air is trapped between the layers as well as within the material. Thus a couple of light jumpers are better than a single heavy one. Bulk is the answer, not weight.

Once you have produced this marvellous insulation, you have to keep it there, and this is where the wind comes in. Wind will penetrate clothing and constantly replace the warm air there with cold. Wind can greatly increase the cooling effect of a given air temperature, and this is known as the windchill effect. For instance, an air temperature of 30°F (forgive the old units, the cold has numbed the brain) combined with a 20 knot wind has the cooling effect of still air at 3°F. So, wind-proof gear over the rest is essential, for the whole body - jacket, pants and mitts. The same gear must also be waterproof. Wet clothes have their usefulness drastically reduced, and are easy to obtain in Australian conditions. Down and synthetics are useless once wet, and cotton is little better. Wool is the only material worth wearing in the wet.

THE EXTREMITIES

The odds and ends, so to speak, but equally important. In some ways the feet, hands and head are a special problem. Apart from the protection from cold air, moisture and wind already discussed there is also the circulation to be attended to. It is the blood which delivers heat to the various parts of the body, and a reduction of circulation to the extremities must be avoided. The shoulder straps of a pack can significantly reduce circulation to the hands, and this can only be eased by padding. Watch out for tight mitts, watches and wrist-straps on your stocks, and bulk in the armpits. (Some ski-tourers might have to evict colonies of lice). Most of all, avoid tight boots, especially when lacing-up in the morning. Frostbite is quite possible in Australia, and believe me, the much earlier stage of numbness, when it warms up, is painful enough.

If other parts of the body are cold, circulation will sacrifice the hands and feet first, to maintain the all-important core temperature. So keeping the rest of you warm is just as important. This is particularly so with the head, which harbours the valuable brain, and through which a massive amount of heat may be lost. As Paddy Pallin says "to keep the feet warm, put on a hat". A woollen balaclava and a hood on your waterproof jacket are essential.

And if this doesn't work, stay in the hut, and thank Huchie that you didn't have to go out that day after all.

Ian Brown.

CANOEING REPORT

It's been far from a good year for Canoeing in M.M.S. after a few initial trips and the Inter-Varsity Slalom. It has all but died. Surf Canoeing was probably the strongest with several successful weekend trips exploring new areas on both the north and south coasts. There has also been occasional day trips to the beach.

Down River Canoeing has been all but non-existent with only about 2 or 3 trips. Hopefully this situation will be improved this year with regular Down River trips.

On the Inter-Varsity scene, Macquarie did rather poorly in this year's Slalom. However a lot of experience was gained by people who had never been in Slaloms before. This year also saw the first Inter-Varsity Surf Canoeing meet (unofficial) at Broulee (near Moruya). The surf was unforgettable.

WHITE DREAMS

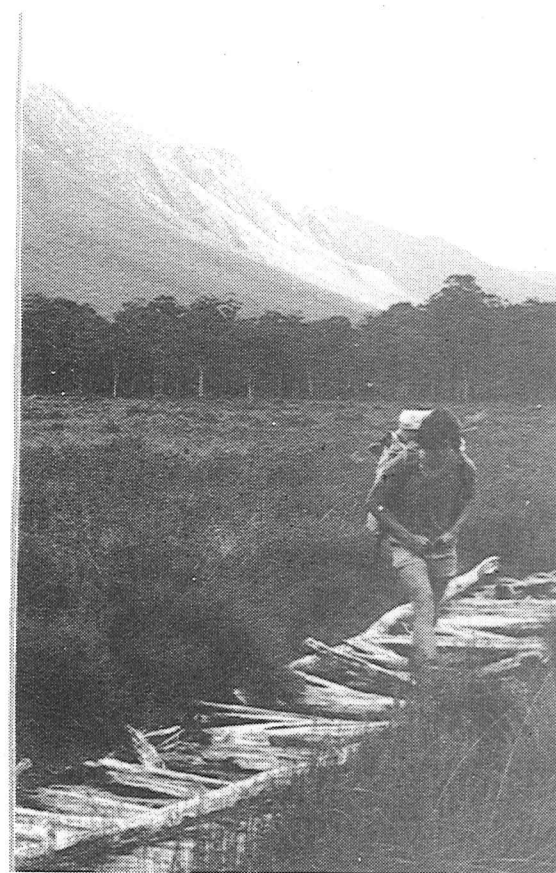
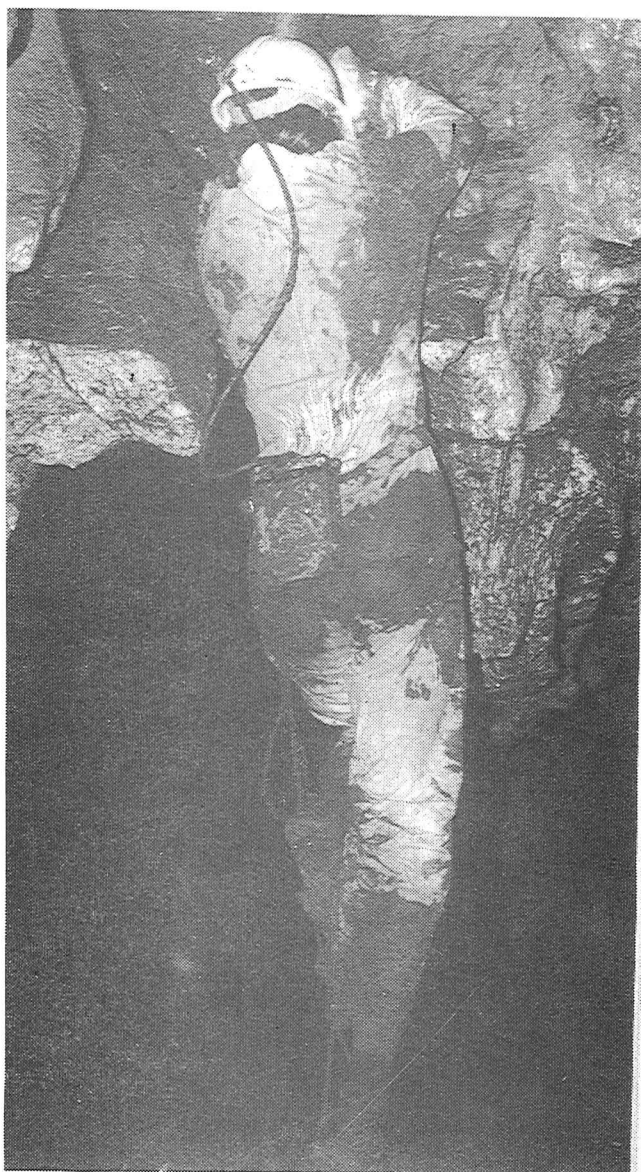
Inside it is warm, and safe like a cocoon. The air is thick, and moves in slow eddies of wet wool, sweat, food and a dark dampness. I sit near the back of the room, occasionally catching a glimpse of the glowing fire through the closely-packed bodies hunching around it, muffled as they are in a mass of drooping wet clothes. They hang from everything. People are everywhere, strangers and friends alike in this mass of humanity. The pattern of grey light coming from the one small window dims and flickers like a fire, changing continually as people go about whatever they're doing - talking, eating, reading, cooking, waxing skis, coming and going, standing, sitting, lying, moving from one dark corner to another, staring nowhere into the gloom or out the window. They move regularly to and from the door, and there is a cold gust every time to shift the air. A constant background of noise drifts around the room, sometimes broken by a clatter of voices raised in laughter or discussion.

Occasionally someone new arrives out of the blizzard, or an old group packs up and leaves - mostly. I don't even know who they are or where they go. It doesn't matter. Probably all the huts are the same. I remember, only a few years ago, when our small party had the hut to ourselves. And later, when there were others, but they were always friends, either old or new ones.

Now there are twice as many huts, nice shiny new ones, painted orange, without fires and without the atmosphere of the old falling ones, rats and all. There are always skis standing outside, like barbed-wire fences, and they are surrounded by myriads of ski tracks. Wherever I go there are tracks, and usually the skiers themselves. It is a simple but rare joy to find alone some trackless snow.

People everywhere, often insensitive to the subtleties of mountains and nature, on their waxless plastic skis, flashing in bright colours, and the latest knicker styles; looking for nice snow, nice runs, away from the crowded downhill slopes. Thinking it's a fun game - not realising death awaits a single mistake - using the huts, using the snow like they use a road.

I look outside, at the half-dozen little tents clustered



RASSELAS TRACK - GORDON RIVER CROSSING (SOUTH WEST TASSIE)

PSEUDOCANOING

CAVING

RASSELAS TRACK

in the trees, like a pack of huskies huddling against the cold. They tremble and droop under the wind and snow. And the solitary igloo, rough and ill-made, but unmoved, camouflaging itself into the ground to escape sudden destruction. The trees sway and jerk as the snow swirls in eddies around the hut, drifting and falling. There is a beauty in it: one of the infinite kinds, a beauty of elemental and original purity, of searing simplicity. The hut groans under the wind, and every now and again, shakes a load of snow from its roof in a grinding avalanche.

Inside the hut it is stagnant and oppressive, and I can take it only so long before the siren snows win, and I must go outside. In the woodshed are people coming and people going, climbing in and out of weatherproofs. The walls and roof rattle, and over everything is a light snow like dust, that drifts in with the gusts. It is an airlock in there, a transition from one world to the next. I take a while to prepare, donning all the necessary items of clothing, then lean into the cutting wind down the icy steps, and climb out of the wind-carved chasm around the hut in powder snow light as air. My feet and face are soon numb as my bundled hands fumble with the skis, but my body is warm and detached from its icy extremities. Inside my armour, it seems a different place, another time. I am no part of the brutal reality. Then the skis are creaking into the firm, groaning snow: perfect.

It is one of those black and white days. The trees are black, the rocks are black - they seem to float like lost souls in the void of white; the snow and the sky ("the snow and 'the sky'" - it seems to have a certain ring to it, doesn't it? - a verbal unity as well as the physical merging). And the white-on-white nothingness of the drifting, blowing and falling snow - it imparts a sense of timelessness: not only are the forms of ground and sky physically vague, but they will be transient, are barely there, and have been passing shadows. Perhaps they will pass into other forms, as driven by the living wind they seem to merge themselves into each other, like flowing liquids. And the subtle, close-up colours of the trees and lichens, the faint greens, browns and yellows, are insufficient to cast a sense of life across the scene. Up close, when transfixed by the eye, one can believe yes, here is a thing that is solid, it has a colour, a meaning, an anchor for the senses. But move back, and it fades, flickers, takes wing like a witch's raven. And it is lost. And it is black. The whole world is white, with flitting black shapes. Black and white. With nothing more than the ubiquitous force of the wind holding it together, and enfolding all sound.

Up through the trees, over all the wind-humps and ridges, skis sliding effortlessly. Slowly, then, the trees are left below, and their calming influence behind. Here, their sheltering embrace is gone, and the wind is raging, unrelenting beast, screaming in the ears. The snow is hard and scarred in long scratches by the teeth of the wind, fleetingly obscured by a moving layer of spindrift - no fresh snow rests here. The primal forces control this place, and carry me away as I skim, almost flying, across the invisible snow with the wind and the cloud.

Ian Brown.

VIEWPOINT ON TENTS FOR TOUGH CONDITIONS

Having experienced many sleepless nights trying to hold tents down on extended trips in Tasmania, I have often wondered whether the conventional 3 man japara tent is really adequate for tough conditions.

With several modifications, I am convinced the 3 man japara tent is the best.

The only feasible alternative to this tent is a nylon tent with fly. Few of these are built strong enough, and those that are cost around \$140.00. These tents need to be pitched square on level ground. This is where their suitability for Tasmanian conditions falls short. These tents have to be pegged right down to the ground to prevent the fly billowing with wind. Try doing this on scrub 18" high. Its virtually impossible.

What modifications should be made to your conventional 3 man japara tent:-

(1) Sew wind restrainers to both sides to enable storm guys to be attached. This can be done at Paddy's for about \$10.00 or you can do it yourself.

(2) Either sew one of the tent doors together, or better still fasten "relcro" to both doors. This will keep out all wind and rain, yet still enable you to abdul the tent when in use near Sydney.

(3) Sew light nylon flaps, 18" wide to the bottom of the tent walls. This could also be done at the closed end of the tent. This will enable you to place rocks around the inside edges of the tent to keep it down in windy weather. It also helps keep the rain out.

(4) All guys should be extra long to enable you to secure the tent to nearby bushes and trees where available.

(5) A groundsheet which covers the whole floor and comes well up each side and end, should keep all moisture out. If the groundsheet does not come well up the sides the edge is likely to flop under the walls, and the result is a wet sleeping bag next morning.

Thick plastic is adequate for this, but the best material is a plastic type woven mesh. Its tough, waterproof, and reasonably light, and at \$2.00 for a 6ft wide yard its fairly cheap.

It's a good idea to stitch loops or place eyelets on the corners so that you can tie up the edges of the groundsheet to the corners of the tent walls.

(6) It's also a good idea to tie 2ft lengths of cord to the eyelets on the bottom of the tent walls. This enables you to secure the tent to vegetation and/or rocks. This is probably the most important section of the tent to have secured in bad weather.

(7) Don't rely entirely on thin wire pegs. Use special angular pegs (they won't bend) for the main guys and storm guys. These usually hold well in soft soggy ground as well. Large plastic pegs are light and good too, but perhaps a bit bulky.

If you want another alternative, try bivvyng.

D. DALLINGTON

FRESHER'S TRIPS OR THE MORE THE MERRIER?

Fresher's trips are designed to introduce new prospective members to the club's activities. They are not designed as endurance tests to see which of the freshers will 'make it'; as 'ego-trips' on which the older members can baffle freshers with quicker-than-thine-eye-canst-follow knots to show off their dexterity and leave the newcomer resigned to believing 'I could never do that'; or as clique-trips in which established members sit around the fire reminiscing and leaving the freshers bored and cold.

M.U.S.I.G. decided to have a second freshers trip to Wee Jasner in August and it was moderately successful, but not as good as I had hoped.

A few points on freshers trips might not go astray and will perhaps make the trip more interesting.

- 1) Ignore noone, even if the fresher is incredibly ugly and boring, please talk to them, make them feel a part of the activities. A person along like that probably has a million hang-ups and needs friendship anyway.
- 2) If an older member sees a fresher wandering off on his or her own, go and talk to them. Possibly they are seeking peace of mind or some kind of relief; but they might just feel 'out of things'.
- 3) Take the time to show freshers techniques etc. and let them try to do things themselves, give them confidence.
- 4) Bring musical instruments etc. and make the evening campfire enjoyable even if you have to burn a fresher at the stake to do it (better still, burn the Judge at the stake).
- 5) Talk about past trips only to i) tell a joke ii) encourage the freshers to come by illustrating how good trips can be. Older members should encourage freshers to talk about themselves around the campfire.
- 6) Older members should not dedicate themselves to chasing the fresher chicks. Along the same lines, when organising freshers trips, try to get as many girls along as possible, the guys will follow with little encouragement.

You can probably add more points than these, but the basic factor is making newcomers feel welcome, both on trips and at meetings.

Let's hope for a larger, more social M.M.S. in 1976.

Colin Kiltick.

P.S. What is that funny smell in B.50?

CAR MAINTENANCE

This article is written as a tribute: A tribute to a trip which could have been great.

Why was this trip not so great? Mainly because of car trouble! Trouble can not always be avoided yet in many cases prevention would have been better than cure. We all drive cars which go, but in many cases only just. Thus there are several things to remember when you are asked if you have a car you can take on a trip.

Normally there are only two questions asked (1) Have you got a car? (2) How many people can you take? Never is the question of its condition entered into.

This article is not meant to deter people from volunteering their cars as transport, but merely to put certain facts forward.

Remember always that on most trips a car will be travelling quite long distances usually non stop to get to where you are going. Much of this will be on good (??!!) tar Highway but at fairly high sustained speeds. Thus certain things should be checked before you leave:-

(1) Tyres:- Make sure they are in good nick (\$40 and a defect notice can be quite nasty). Check their pressure, usually add 2lb for added people and gear and keep your spare up about 6lbs (ever tried to change a tyre and found that the spare is flat too?)

(2) Oil:- Make sure your engine is full and if it looks at all carry a pint or so spare. (This can be useful even if it doesn't leak).

(3) Petrol:- Always fill up before leaving Sydney especially if you are travelling at night because you never know what time service stations close along the way. Usually it is not necessary to carry spare petrol unless you are going a long way back.

(4) Water:- always check your radiator before you leave and carry some water with you. If you are going to the Snow around about winter time put in proper anti freeze (draining the radiator or block does not really work).

(5) A spare fan belt never goes astray especially when you break one in the middle of nowhere.

(6) Brake fluid:- always check before you leave and clutch fluid (or automatic fluid if you are that way inclined).

(7) Battery:- should not have trouble here as it should get a good charge, however if driving an automatic a good set of jumper leads may be an idea. If your battery has a habit of running flat while standing, disconnect one battery lead when you leave the car.

(8) Fuses:- always carry one or two spares.

(9) Torch

(10) A tow rope:- climbing gear should NEVER be used for towing cars out of bogs thus an old rope is always handy when going back.

(11) Basic tool kit.

Optional extras:- An axe or hatchet or other cutting implement and small shovel are always handy if you are going back; full tool kit including wire; spare parts - points spark plugs; workshop service manual; can of starting fluid; snow chains; block and tackle; headlight guards; windscreen shield

MULLAMULLANG CAVE

A few days after Christmas 1975 a combined group from the Australian Museum and M.U.S.I.G. left Sydney in a Toyota Mini-bus and a Daihatsu Mini-van for Western Australia. Although the primary purpose of this trip was to tour the south-west of W.A., the opportunity to visit Mullamullang Cave was too good to pass up.

Mullamullang (N37) is located on the Hampton Tableland on the western edge of the Nullabor, about 60km. north of the Eyre Hwy. After a rather slow journey across the unsealed section of the Eyre Hwy. (13hrs. to travel 320km.) we arrived at Madura Station and received directions to Mullamullang. Several hours later after travelling 70km. and not having sighted the first landmark, we concluded that we were lost and set up camp for the night somewhere between the Eyre Hwy. and the Transcontinental Railway line.

The following day new directions were obtained and the entrance doline was sighted around noon. Camp was set up under a solitary Mulga tree, near the entrance, the only shade for miles around. The dimensions of the entrance gave some indication of what was to come, being 30m. high and 60m. wide. Despite the heat (38deg.C.) and everyone's eagerness to go underground, the cave was not entered until 2.30p.m.

Filling the entire passage about 190m. from the entrance is a large sand dune rising 20m. to the ceiling and extending for 35m. As this was a rather strange sight to cavers familiar to places such as Jenolan, Bungonia and Cliefden sometime was spent climbing around the dune. Added interest was provided by the presence of a large colony of chocolate bats (Choloioolobus morio) in a roost above the dune. The steep descent on the northern end of the dune was sign-posted by a large REDUCE SPEED sign.

The Southerly Buster, 80m. past the dune, was the next item of note. This area of the cave is a crawl about 10m. long, through which a 20 knot wind is continuously blowing. After the Southerly Buster the passage averages a height of 25m. - 30m. and up to 50m. wide. The next 300m. were an easy walk to the first of the major roof collapses. From here to Camp One 38 roof collapses have occurred in Mullamullang causing piles of huge rocks up to 50m. high, all of which have to be climbed to proceed further into the cave. Many of these piles were unstable care was needed to avoid sending boulders crashing down on people below.

A number rockfalls later the one mile cairn was reached. Here the party split into two groups of six, one group returning to the surface while the others continued on. White Lake appeared 800m. further on. This was the first of the major Mullamullang Cave lakes to be reached. The water had a high salt and mineral content but could be drunk (in small quantities) if necessary. After White Lake the floor is covered by huge pieces of broken rock so progress was made along a high central ridge.

The only pitch in Mullamullang, the Drop-off, was eventually found after temporarily getting lost in a boulder choke. This proved to be a 5m. pitch equipped with a rope that could be easily free-climbed. Camp One was finally reached after a further series of huge rock collapses. Camp One was established as an underground base for the original Mullamullang expeditions in 1966. Various items of gear are still lying around the camp including tables, signs, boxes, etc. A steep descent below Camp One leads 50m. to Lake Cigalere. Lake Cigalere is the second largest lake in Mullamullang being over 100m. long and 20m. deep.

From Camp One XX the main passage ~~XXXXXXXXXXXXXXXXXXXX~~ divides into two branches both continuing for a further half mile. However at Lake Cigalere it was decided to turn back owing to a growing collection of sprained ankles and the possibility of the lights failing before the surface was reached. Despite signs of exhaustion and the seemingly never-ending roof collapses that had to be ~~xx~~ negotiated, fairly rapid progress was made to the surface, arriving at 1.15 a.m.

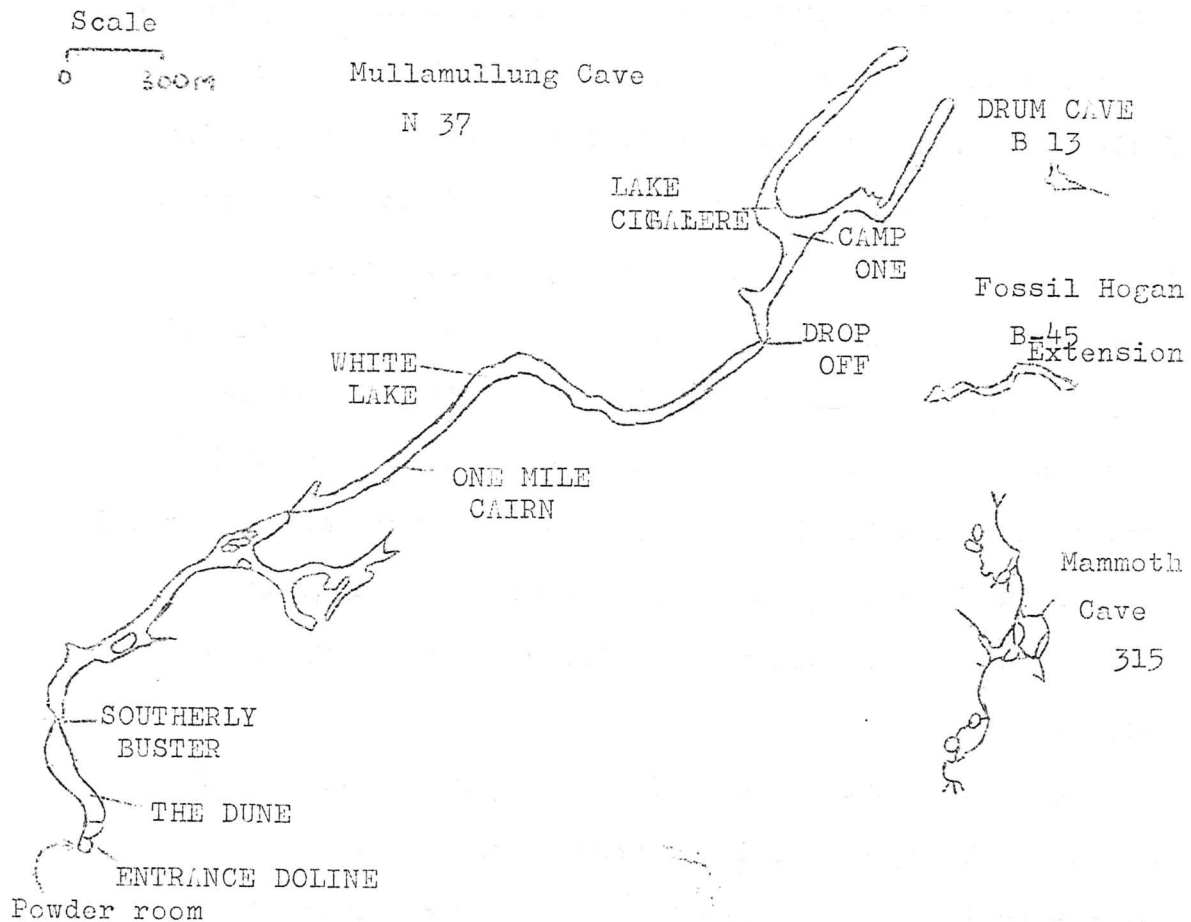
Over five miles of passage was covered, with no attempt being made to enter the complex mazes that run off the main passage. Mullamullang is a cave that requires no special skill as 99% of the cave involves walking. Navigation is a simple task due to the nature of the cave, survey stations every 50m. and overhead telephone wires throughout much of the cave. Due to the length of the cave, small reflective 4U2p signs are found every mile or so at convenient locations.

Mullamullang is the type of cave that manages to leave a lasting impression on anyone who enters it. The massive dimensions of the cave from beginning to end and the continually changing cave environment both contribute to make a very strong impact on the caver or non-caver. Due to the small number of people who visit Mullamullang every year a great deal of exploration and research is still possible in this cave. A further trip of several days duration by M.U.S.I.G. is warranted and strongly recommended.

MICHAEL MARX

Ref: Mullamullang Cave Expeditions, 1966, ed. Hill.
Held by M.M.S./M.U.S.I.G. Library.

A COMPARISON BETWEEN MULLAMULLANG
AND SOME WELL-KNOWN CAVES OF N.S.W.



HEY BWANA, WHAT II DEM ROUN TUITTS?

Ober der lars cuppel o' years I bin puzeld wy not much gittin dun roun heer. So I goes an asks Bwana EEan wy dere not meny trips an such.

He ses "Dere aint meny trips cos peepel jus don' git a Roun Tuit".

Now my poor ol' brain eken mor puzeld cos I neber herd O' Tuits befor, espeshelly roun wuns. Soo I taut I try wun ob dem bigs shops an I ses to der shcp person if she eber got a Roun Tuit.

"Git a Roun Tu-wot?" she ses, wid a conna racist look on her face.

"Git a Roun Tu-IT !" ses I .

Well I stans dere arguin der point for sum time but neber eben got to see a Roun Tuit wich explains wy not much gittin dun cos peepel don' do nuttin till dey git a Roun Tuit an dey is pritty hard to find cos dey so rair.

HEY BWANA (cont.)

Den wun day Bwana Dave got himself a Roun Tuit an dere was a trip to der Snowy Hills (you coodn call dem mountens, not compared to Kilimanjaro enyhow). On dis trip wos wun fella corld der strewth-sayer an I taut he wood be jus der wun to tell me all about dese Tuits. But I gave dat away as a bad joke after heerin sum ob his udder strewths.

My next oppertunity wos in Jewlie wen dere wos an udder trip to der same hills (only dey had chainj dere culla to wite cos it wos colda) an on wun nite a fella cord Juj Critta caim to der hut. Now I taut a juj wood be wize enuff to explain to me about Tuits, but not dis wun. He wos reely weerd an I got so scaird I hid all nite an let him go an attak udder peepel.

So now we cum to der end ob anudder yeer wid me nun der wizer. I rekon if Idi wer heer he cood tell me der trooth about Roun Tuits, but he so bizzy explainin der trooth to all der werl. So if eny ob you happens to git a Roun Tuit cood you bring it along cos dey is sertenly needed roun heer an I is desperat to no wot dey look like.

Yarrum.

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